

# Beat the Boss



by Ms. Lindsay Gross, Staff Writer

*DCMA's annual "Beat the Boss" challenge is an Agency-wide fitness event in which employees participate in a 1.5-mile run or walk in an attempt to surpass the fitness rating of Air Force Maj. Gen. Darryl A. Scott, DCMA director.*



**M**aj. Gen. Scott ran this year's 1.5-mile course at Pullen Field in Ft. Belvoir, Va., during DCMA Headquarters' "Beat the Boss" event on June 7. His time to beat? 13:36, which placed him in the "good" fitness category.

On June 8, Maj. Gen. Scott's results were e-mailed to all contract management office Fitness points of contact and posted on the DCMA Virtual Fitness Web page. Other locations were encouraged to hold their events anytime between April 1, and



**(Above)** DCMA Dayton participants, from left: Mr. Angelo Manzo, Ms. Melissa Guess, Ms. Kelly Richwine, Ms. Chris Esterbrook, Mr. David Miller, Mr. Paul Burkhardt, Mr. Brian Urichich, Mr. Burl Bruce, Mr. Ken Murrell and Mr. Bill Shaneyfelt. (DCMA staff photo)

**(Top)** The coveted DCMA "Beat the Boss" patch given to all event participants. (DCMA staff photo)

*All participants and volunteers received a certificate signed by Maj. Gen. Scott as well as the coveted DCMA "Beat the Boss" participant's patch or "I BEAT THE BOSS" patch.*

**Maj. Gen. Scott's time to beat? 13:36, which placed him in the "good" fitness category.**

June 30, 2005 and then send in their results. "Prior to June 7, we posted all information about the event on the Web site and sent out the Fitness Rating System, registration sheet template, information sheets, promotional flyers and event POC instructions," reported Mr. Shawn Nickle, DCMA Wellness and Fitness coordinator. "Although only about 20 people from headquarters preregistered, many more showed up on race morning. It was a similar situation at other locations — all told, about 1,067 people joined in the event, nationwide."

The Virtual Fitness Web site also offered detailed training programs for those interested in participating. An eight-week walking and

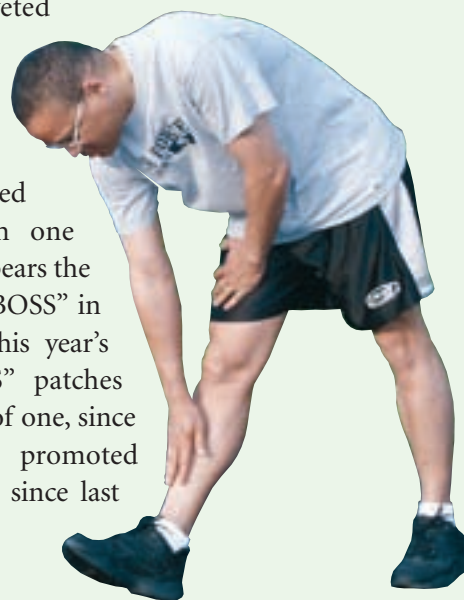


running training plan was posted for all fitness levels (beginning walkers, intermediate/advanced walkers, beginning runners and intermediate/advanced runners), so participants could use the information as a guide to prepare for the



event. A chart located on the Web site calculated participants' fitness ratings based on their results. "Basically, this is a formula that will determine how you measured up to Maj. Gen. Scott," explained Mr. Nickle. "Factors such as age, gender and whether you ran or walked the course determined which patch you earned." The chart is based on Air Force Fitness Testing Standards.

All participants and volunteers for the event received a certificate signed by Maj. Gen. Scott as well as the coveted DCMA "Beat the Boss" participant's patch. Those who actually beat Maj. Gen. Scott's fitness category received a similar patch, with one difference: their patch bears the words: "I BEAT THE BOSS" in bold capital letters. This year's "I BEAT THE BOSS" patches have two stars instead of one, since Maj. Gen. Scott was promoted from brigadier general since last year's event.



**(Right)** Air Force Maj. Gen. Darryl A. Scott stretches before the event. (DCMA staff photo)

**(Above Left)** DCMA Springfield event organizers Ms. Debbie Kensicki (left) and Ms. Maria Rufolo (DCMA staff photo)

**(Above Right)** DCMA Huntsville participants, from foreground to background: Ms. Lorraine Parham, Ms. LouElla Alcaraz, Mr. Dan Blizzard, Mr. Don Horst and Mr. Larry Williams (DCMA staff photo)